

A young woman with long, wavy brown hair is smiling warmly at the camera. She is wearing a dark blue, textured sweater and is holding a clear glass bowl filled with a fresh salad. The salad includes green leafy vegetables, shredded carrots, and other colorful ingredients. She is holding a wooden spoon in her right hand, ready to eat. The background is a soft, out-of-focus white curtain, creating a bright and airy atmosphere.

Mindful Eating

YOU ARE IN CONTROL OF
YOUR EVERY ACTION. LET'S
CONNECT WITH OUR
CHOICES AND LEARN TO BE
MINDFUL OF THE DECISIONS
WE MAKE, AND HOW THEY
MAKE US FEEL.

REJUVENATING NUTRITION

Mindful Eating Challenge

With the distractions of a fast paced lifestyle that most of us are living, it is easy to grab what is quick and convenient to fulfill our hunger. The problem is that these convenience foods are inadequate: they have poor nutritional value, they are often filled with chemicals, and are high in calories. In addition, these habits spiral into other bad habits and sometimes negative feelings about ourselves. Let's start simple. This weeks focus is to identify one mindless habit you have (centered around food) and to learn how to break this habit. You are going to put in your best effort to avoid that activity all together. Examples of mindless habits are: eating while working on the computer, eating in the car, snacking on the couch while watching TV, or snacking while making dinner.

STEP ONE

Decide which mindless habit you want to work on, write it here:

STEP TWO

What do you feel you are try to escape or what emotion do you feel is tied to your mindless eating habit?

STEP THREE

What is one thing you could do differently to help yourself break the habit?

STEP FOUR

Is there a healthy substitute to help you break your habit?

HABIT TRACKER

Simply write yes or no (whether or not you were able to avoid the mindless habit) next to each day for the week. If the answer is no, give a reason why. Be prepared to report back to your team.

o Day One_____

o Day Five_____

o Day Two_____

o Day Six_____

o Day Three_____

o Day Seven_____

o Day Four_____